

**Regular and Sustained Physical Activity\***  
**Kentucky BRFSS 2000**

Geographic Groups	Total Respond.#	Yes			No		
		N	%	C.I.(95%)	N	%	C.I.(95%)
TOTAL	6415	868	14.3	(13.1-15.6)	5547	85.7	(84.4-86.9)
ADDs							
Barren River	439	52	12.9	( 9.4-17.6)	387	87.1	(82.4-90.6)
Big Sandy	348	44	13.4	( 9.9-18.0)	304	86.6	(82.0-90.1)
Bluegrass	505	71	13.2	(10.3-16.8)	434	86.8	(83.2-89.7)
Buffalo Trace	332	31	8.6	( 5.8-12.4)	301	91.4	(87.6-94.2)
Cumberland Valley	402	54	13.3	(10.1-17.3)	348	86.7	(82.7-89.9)
FIVCO	462	63	13.7	(10.4-17.7)	399	86.3	(82.3-89.6)
Gateway	450	49	11.1	( 8.0-15.2)	401	88.9	(84.8-92.0)
Green River	381	52	14.5	(10.8-19.2)	329	85.5	(80.8-89.2)
Kentucky River	430	60	12.8	( 9.6-16.7)	370	87.2	(83.3-90.4)
KIPDA	474	71	15.8	(12.3-20.0)	403	84.2	(80.0-87.7)
Lake Cumberland	415	64	15.5	(11.4-20.7)	351	84.5	(79.3-88.6)
Lincoln Trail	436	63	15.2	(11.7-19.5)	373	84.8	(80.5-88.3)
Northern Kentucky	440	65	14.4	(11.1-18.5)	375	85.6	(81.5-88.9)
Pennyrile	431	55	15.0	(11.3-19.7)	376	85.0	(80.3-88.7)
Purchase	470	74	16.0	(12.4-20.4)	396	84.0	(79.6-87.6)

\*Data in this table were derived from the exercise questions.

Yes = Did physical activity for 30 or more minutes, 5 or more times per week, regardless of intensity.

No = No physical activity or less than 30 minutes of activity, 5 or more times per week.

#Use caution in interpreting data for total respondents less than 50. N = Cell Size, NH = Non-Hispanic, % = Percentage, C.I.(95%) = Confidence Interval (at 95 percent probability level).

Percentages are weighted to population characteristics.

Unless stated differently above, Missing, 'Don't know', and Refused responses are excluded.